4th Infantry Division
Summer Safety Campaign 2005

This campaign was developed with the intent to assist leaders, Soldiers, and family members successfully conduct operations and summer activities without an accident. This campaign is not intended to be the answer to all activities and is provided as a general guide. The 101 days from Memorial Day weekend through Labor Day weekend is a time of increased risk potential from summer activities. This packet outlines numerous hazards that personnel could be faced with or that normally would be encountered throughout the summer months.

Leadership is the key to command programs. As with any other mission, the junior NCOs and first line officers are best positioned to make an immediate and direct impact on Soldiers' welfare. For this reason, it is necessary that leaders empower and hold responsible these junior leaders as the "point" of the Ironhorse Summer Safety Campaign.

The stated objective and goal is knowledgeable, dedicated leaders and Soldiers who are effectively trained and ready to avoid summer related accidents and injuries. The Summer 2005 Safety Campaign will focus on many areas including: increased Privately Owned Vehicle (POV) travel, heat injury prevention, weather-related hazards (tornadoes/lightning/ storms), water/recreational safety, other seasonal hazards, and family/community safety (traffic, running, bicycles, barbecues, lawn care, etc.). The effectiveness of the safety campaign depends on the time, dedication and emphases placed on the campaign.

Brigade and Separates commanders will direct their units to select a safety stand-down day and conduct safety training as per the ATG. Whole organization safety stand-downs conducted on the same day best convey dedicated command involvement to the Soldiers; however, for units with conflicting/critical missions, commander's can allow different dates within the established period. Safety stand-downs afford excellent opportunities to assess safety program effectiveness, implement fresh, bold accident prevention ideas, conduct meaningful safety awareness training, and allow junior leaders to reach Soldiers with important safety messages. Refresher risk management training will be incorporated into safety days.

Requirements: There are "Requirements" throughout this packet that are mandatory and require actions on the part of both leaders and Soldiers.

The Summer Personal Risk Management Guide (see enclosure 1) includes the following summer related items and assists the user to identify the hazard(s), assess the risk(s), and analyze control measures. Take this information to formulate your own "Risk Management Plan" so that you can have a safe and fun summer.

- Sky Diving
- Scuba Diving
- Swimming
- Roller Blading
- Fishing
- ATV
- Boating
- Lawn Care
- Power Tools
- Operating Vehicles
- Hiking and Camping
- Motorcycling
- Mountain Biking
- Basketball
- Softball
- Jet Skiing
- Horseback Riding

- Soccer
- Golf
- Bull Riding
- Barbecuing
- Home Repairs
- Fireworks

POV Safety

Increased summer travel brings with it the need to redouble POV accident prevention efforts. Additional assistance and guidance is contained in the POV Toolbox (see enclosure 2). Furthermore, there is a leaders guide to using the POV Toolbox that contains vignettes, scenarios, and slides all of which will assist the leader in preventing POV accidents (see enclosure 3). The following items are addressed in the POV Toolbox and are expounded:

- Aggressive Driving
- Age
- Seatbelts
- Alcohol
- Fatigue
- Speed
- Motorcycles

REQUIREMENT: Commanders and leaders will conduct an aggressive POV Safety Program, integrating the Chief of Staff of the Army's Six Step POV Accident Prevention Program (in enclosure 2) as a central theme. Utilize the Commanders and Leaders Risk Management POV TOOLBOX in the unit summer safety campaign (enclosure 2). Ensure all the lessons learned regarding the dangers associated with alcohol and fatigue is included in your instruction. Empower and hold first line leaders responsible for positively impacting the off-duty POV driving behaviors of their squads, crews, and sections. All Army personnel will have their vehicle(s) inspected prior to every long weekend, going on leave or pass and during the Brigade quarterly safety stand down.

Aggressive Driving

Aggressive driving, as defined by the National Highway Traffic Safety Administration (NHTSA), is when an individual(s) commits a combination of moving traffic offenses so as to endanger other persons or property or the operation of a motor vehicle involving three or more moving violations as part of a single continuous sequence of driving acts, which is likely to endanger any person or property. In effect, aggressive driving is driving under the influence of impaired emotions of which there are three categories.

1. Impatience and inattentiveness:
   - Driving through red lights
   - Speeding up to yellow lights
   - Rolling stops
   - Cutting corners or crossing over double yellow lines
   - Blocking intersections
   - Not yielding
   - Improper lane change or weaving
   - Driving 5 to 15 mph above the speed limit
   - Following to close
   - Not signaling when required
   - Erratically slowing down or speeding up
   - Taking to long to start moving

2. Power Struggle:

- Blocking passing lane, refusing to move over
- Threatening or insulting by yelling, gesturing, honking repeatedly
- Tailgating to punish or coerce
- Cutting off in a duel
- Braking suddenly to retaliate

3. Recklessness and Road rage:

- Driving Drunk
- Pointing a gun or firing shots
- Assaulting with the vehicle or battering object
- Driving at very high speeds

Among the most common reasons people give for driving aggressively are, they are late for a meeting, traffic congestion, and frustration. Are these legitimate reasons for aggressive driving? Are there more reasons? The answer to these questions is NO and YES respectively. However, no one has the right to drive aggressively or to endanger other persons lives. Aggressive driving is one risk factor that the individual has complete control over. Be a positive part of the driving community!

Age

The age of drivers, regardless of rank or sex, plays a large roll in POV safety. Divers that are 18-25 are at the highest risk. Additionally, risk of being involved in a fatal crash for drivers who are 18-24 is nearly 4 times greater than any other age group. Personnel in this age group must be aware of this and implement control measures and leaders must emphasize control measure to this age group.

Seatbelts

Many individuals do not wear their seatbelts for a variety of unquantifiable reasons. However, seatbelts are known to prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you will increase the odds of surviving the crash to 47%. Seatbelt use is mandatory for all Soldiers regardless of location. If a Soldier is involved in an accident and is not wearing the seatbelt, that Soldier could be found to be Not in the line of duty and be liable for all medical bills. Seatbelts save lives period.

Alcohol

It is common knowledge that it is against the law to use alcohol or drugs while driving. An individual, when caught DUI or DWI will loose their on post driving privileges, they could loose their drivers license, and their insurance will increase dramatically. If lucky, the Soldier will face penalties such as removal from the Service or an article 15, neither will make your family proud. If unlucky, the Soldier is 15 times more likely to be involved in a crash and to be fatally injured than a sober driver.

When arrested and convicted of drunk driving in Texas the following penalties apply. Similar penalties apply in all states. Remember that Soldiers who have their drivers licenses suspended for any reason are prohibited from driving military equipment, AR 600-55.

First Offense:

- up to a $2,000 fine
- 72 hours to 180 days in jail
- driver's license suspension: 90 days to 1 year

Second Offense:

- up to a $4,000 fine
- 30 days to 1 year in jail
- driver's license suspension: 180 days to 2 years

Third Offense:

- up to a $10,000 fine
- 2 to 10 years in penitentiary
- driver's license suspension: 180 days to 2 years

Fatigue

Fatigue is another area that we have complete control over. Drivers between the ages of 18-25 are at special risk with over 56% of fatal crashes involving fatigue or falling asleep at the wheel. During block leave or at other times, we want to spend as much time as possible with loved ones or friend. This can result in personnel leaving at the last minute or driving all night to get home or to return to work. The body is geared to sleep during the night and eventually the body will win out over the desire to remain awake. Drivers should take frequent breaks and eat properly during the trip. Taking a short walk and eating at a restaurant verses getting something at the drive through will offer limited body recharging. Plan your trip to begin in the morning and to stop at a hotel prior to nightfall. This will allow you to be well rested and alert for the next days driving.

Speed

Statistics show that travel on an interstate is safer than two lane roads. However, the fatality rate for travel on roads where high speeds are possible increases by 30%. Increasing your speed to save time does nothing more than use more fuel and increases your probability of having an accident. The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road. Bottom line: Speed Kills!

- Be a courteous driver
- Don't drink and drive
- Use a designated driver
- Wear seatbelts

- Obey the speed limit
- Don't drive when you're tired
- Take rest breaks
- Adjust speed for conditions
- Don't follow too close
- Maintain your vehicle
- Drive defensively
- Avoid use of cellular phone while driving.
- Arrive alive!

Motorcycles

Operating a motorcycle presents additional hazards to the ones listed above. A motorcycle is more difficult to see, does not come equipped with a seatbelt or airbags, and is not wrapped in steel. All of these factors increase the likelihood of an accident that will result in an injury.

The following will increase the rider's chances of survivability on the road; additionally it is Army policy for all riders on post and Soldiers off post:

- Must be properly licensed and insured
- Must attend a Motorcycle Defensive Driver Course (MDDC)
- Must wear an approved (DOT) helmet, long sleeve shirt/jacket, full finger gloves, boots that cover the ankles, and proper eye protection
- Must wear reflective vest at night or during low visibility times
- Must wear bright colored jackets or shirts during the day
- Don't forget sunscreen

REQUIREMENT: All personnel who ride on Fort Hood must attend the Motorcycle Defensive Driving Course (MDDC). All Soldiers must have this course to ride on and off post. Contact 287-4639 to schedule a class. You must have your own motorcycle and have at least a riders permit to attend the course.

Operating a POV provides Americans with freedom of mobility. However, this freedom is a privilege, not a right. Perform the proper maintenance and checks on your vehicle (see enclosure 2), don't operate a vehicle under the influence, always wear the appropriate protective equipment, and remain alert and alive.

REQUIREMENT: Battalion and unit Driver's Training Programs must address seasonal hazards associated with summer weather. Training should include corrective actions for drivers to take while operating in adverse situations such as flash flooding, lightning/thunderstorms, extreme heat, and high winds. Include provisions outlined in driver training manuals, i.e., FM 21-305, Manual For The Wheeled Vehicle Driver and FR PAM 55-1, Transportation.

Heat Injury Prevention

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries can cause serious permanent injuries and even death. Heat injuries are preventable. By following these simple recommendations, you can reduce your susceptibility to them.

- Drink plenty of water
- Avoid heavy meals at lunchtime
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreenFollow recommended work/rest cycles
- Acclimate the body slowly to climate
- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system
- Monitor those at risk
- Use common sense

Sunburns are also prevalent during the summer months. In certain age groups having a tan is considered chic. However, too much exposure to the sun causes premature aging of the skin and leads to a higher probability of skin cancer. There is a myriad of creams, lotions and soaps that if applied and used correctly will prevent sunburns. Always use the higher "SP Factor" products. The list below will also assist in preventing these painful and dangerous burns.

- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000-1600)
- Avoid repeated exposure
- Seek medical care if severely burned

There are a wide variety of reasons that a person can become a heat casualty. The body can survive only at a narrow range of core temperatures; that's the temperature, which is measured deep within the body. Core temperatures that very more than 2 or 3 degrees from the normal 98.6 impede mental and physical performance and variations more than 5 or 6 degrees can be fatal. Knowing what the wet bulb temperature is can help reduce the probability of a heat injury. Heat casualties may be expected at wet bulb globe temperature indices of 75 degrees F and above unless preventive measures are used.

Overexertion can cause heat injuries at even lower temperatures, especially if items such as body armor or vapor-impermeable protective clothing is worn. All personnel should monitor their meal and water intake. Eat three meals a day and ensure that you maintain an hourly fluid intake that does <u>not</u> exceed 1½ quarts. Heavy meals and hot foods put unnecessary stress on the body and should be avoided. Daily fluid intake should not exceed 10 quarts. Water intake will vary from person to person and from situation to situation. Do not force hydration! An individual that is sitting idle will not need as much water as the person that is conducting hard laborious acts. Drinking a large amount of water can flush all of the salts in the body out which creates a hazardous situation. The same can be said for drinks that contain electrolytes however this will cause a hazardous imbalance of electrolytes.

Clothing should be worn to protect against the sun including a hat, eyewear, and sun block. Make sure clothing is loose around the neck, wrists, waist, and lower legs to allow for air circulation. The following is a list of factors that influences the body's heat:

- Air temperature
- Temperature of surrounding objects
- Sun's radiant heat
- Relative humidity
- Air movement
- Amount and type of clothing worn
- Heat produced by the body from physical activity

Heat injury signs, symptoms, and first-aid

When prevention fails, it is critical that everyone be able to recognize and treat heat injuries. Following is a discussion of the most common injuries.

Heat cramps

- Signs and symptoms
  (1) Result primarily from excessive salt loss from the body
  (2) Painful cramps of the muscles, which may occur following exposure to heat
  (3) The muscles of the arms, legs and of the stomach area are usually involved; he cramps may be severe
  (4) Heat cramps may occur alone or in the presence of heat exhaustion
  (5) Body temperature is normal unless accompanied by heat exhaustion

- First Aid
  (1) Move individual to a shady area and loosen clothing if possible
  (2) Slowly give large amounts of cool water
  (3) Pour water on individual and fan if it is a very hot day
  (4) Elevate individual's legs for heat exhaustion
  (5) Watch individual and if possible the individual should not participate in strenuous activity for the remainder of the day
  (6) Get medical help if symptoms continue

Heat exhaustion

- Signs and symptoms
  (1) Heat exhaustion - is a medical emergency; immediate action is required
  (2) Occurs as the result of excessive salt and water loss
  (3) Individuals may experience profuse sweating, headaches, tingling sensations in the hands and feet, paleness, difficulty breathing, irregular heart beats, loss of appetite, nausea and vomiting.
  (4) Trembling, weakness, lack of coordination, and a slight clouding of the senses to momentary loss of consciousness complete the classic picture.
  (5) The skin is cool and moist; the pulse rate is rapid (120 to 200 beats per minute) and the blood pressure may be low.
  (6) The oral temperature may be lower than normal in cases where hyperventilation is present.

- First Aid
  (1) Move individual to a shady area and loosen clothing if possible
  (2) Slowly give large amounts of cool water
  (3) Pour water on individual and fan if it is a very hot day
  (4) Elevate individual's legs for heat exhaustion
  (5) Watch individual and if possible the individual should not participate in strenuous activity for the remainder of the day
  (6) Get medical help if symptoms continue

CAUTION

Individuals suffering from heat exhaustion are "Fragile"; if stressed again to soon, they may have another episode.

Heat stroke

- Signs and symptoms
  (1) Heat stroke is a medical emergency and the death rate is high
  (2) Heat stroke results when the heat regulatory mechanism stops functioning and the main avenue of heat loss (cooling by evaporation of sweat) is blocked
  (3) Early signs of heat stroke include headache, dizziness, delirium, weakness, nausea, vomiting, and excessive warmth. Sweating may or may not be present
  (4) A casualty may first progress through heat cramps or heat exhaustion. The onset of heat stroke may occur quite suddenly with collapse and loss of consciousness. Coma and convulsions may occur. In the early stage, the skin is usually hot, red and dry. Even though the casualty may sweat, he or she could still have heat stroke.
  (5) The most significant sign is a high body temperature, over 106 degrees F or 41 degrees C.
  (6) The casualty's condition deteriorates rapidly therefore treatment must begin immediately.

- First Aid
  (1) Lower the casualty's body temperature ASAP. Move individual to shady area and loosen clothing if possible and pour or immerse in water.
  (2) Elevate individual's legs.
  (3) Have the individual drink water if possible.
  (4) Get medical help.

CAUTION

One attack of heat stroke makes the casualty susceptible to a second attack. Therefore, the individual should avoid a second exposure to hot weather condition. The individual remains very susceptible to repeated heat injuries.

NOTE: Clothing should be worn to protect against the sun. Use hats, head cloths, eye protection and sunscreen to protect areas exposed to the sun. Make sure clothing is loose around the neck, wrists, waist, and lower legs to allow circulation.

The prevention of heat injuries is easy if you use the following the guidelines listed below:

1. Replace water loss frequently. The human body is highly dependent on water to cool itself in a hot environment. By sweating, a person may lose more than 1 quart of water per hour. If water loss is not replaced the ability to work quickly decreases and the body temperature rises.
2. Drink water throughout the work time regardless of thirst. Normal thirst does not serve as a true indication of the body's need for water.
3. Use the heat injury prevention chart (see enclosure 4) as a guide to estimate the drinking water requirements for exposure to heat.
4. Provide adequate water at all times. We cannot learn to do without water. We cannot be taught to adjust to decreased water intake. We cannot live or work in heat without sufficient water.
5. Maintain acclimatization on a person who has completed 2 weeks of progressively increased physical activities in a high heat stress environment.
    - Limit intensity and time of training programs for those individuals who are climatically and/or physically unseasoned to heat.
    - Begin acclimatization to heat with the first exposure.
    - Continue acclimatization with two 50-minute periods daily.
6. Maintain good physical condition. The general physical condition of the individual has a significant bearing on the reaction to heat stress.
    - An individual's risk to heat may be increased by a number of conditions. These conditions include infections, fever, immunization reactions, heat rash, sunburn, fatigue, overweight, and prior heat stroke.
7. Establish a good work/rest schedule. Work schedules must be tailored to fit the climate, the physical condition of personnel and the situation.
    - Take advantage of cooler hours to accomplish the work.
    - Slowly increase exposure to heat as personnel become acclimatized.
    - Avoid working in direct sunlight if possible
    - Use the heat injury prevention chart as guide.
8. In extreme heat, the body is cooled by sweat. Since sunburn inhibits sweating, every precaution must be taken to prevent sunburn. Common sense dictates maximum use of shade, sunscreen, and/or clothing that covers as much exposed skin as possible. In addition, remind individuals to use the buddy system to watch for signs of sunburn.

NOTE: During midday period personnel should rest and stay in the shade as much as possible since peak wet bulb globe temperature conditions between 1200 and 1600 hours.

When the body loses water, it also loses salt. Salt should be replaced by normal consumption of food. **Do not use salt tablets.** An individual may lose more than a quart of water per hour through sweating. Water loss must be replaced by frequent intake of small amounts of water. Water should be sipped, not gulped. Do not conserve water and individuals must be reminded to drink even when they are not thirsty! **Thirst is not an adequate indicator of dehydration.**

The following chart represents fluid-replacement guidelines for an average individual wearing BDUs

		Easy Work		Moderate Work		Hard Work	
Heat Category	**WBGT °F**	**Work/Rest ***	**Water Per Hour**	**Work/Rest ***	**Water Per Hour**	**Work/Rest ***	**Water Per Hour**
1	78-81.9	No limit	½ qt	No limit	¾ qt	40/20 min	1 qt
2	82-84.9	No limit	¾ qt	No limit	1 qt	30/30 min	1 qt
3	85-87.9	No limit	1 qt	40/20 min	1 qt	30/30 min	1¼ qt
4	88-89.9	No limit	1 qt	30/30 min	1¼ qt	20/40 min	1¼ qt
5	>90	No limit	1¼ qt	30/30 min	1¼ qt	15/45 min	1¼ qt

*Rest means minimal physical activity (sitting or standing) and should be accomplished in the shade when possible.

Note 1: MOPP gear or body armor adds 10°-20°F to WBGT Index.

Note 2: Hourly fluid intake should not exceed 1½ quart. Daily fluid intake should not exceed 10 quarts.

Easy Work	Moderate Work	Hard Work
• Weapon maintenance • Walking hard surface at 2.5 mph, <30-pound load • Manual of Arms • Marksmanship training • Drill and ceremony	• Walking loose sand at 2.5 mph, no load • Walking hard surface at 3.5 mph, <40-pound load • Calisthenics • Patrolling • Individual movement technique; i.e., low crawl, high crawl.	• Walking hard surface at 3.5 mph, >40-pound load • Walking loose sand at 2.5 mph with load

Following these requirements will not necessarily prevent dehydration. However they will increase your chance of not becoming a heat casualty. Soft drinks are not substitutes for water; they are not absorbed as rapidly as water into body tissue. Soft drinks containing salts (e.g., Gatorade) or caffeine (e.g., Pepsi) will increase water requirements. Individuals who are overweight, dieting, or past heat casualties are more prone to heat injuries. As a result, their activities must be closely monitored:

- Enforce hydration and monitor water use.
- Provide cool water when possible.
- Enforce work/rest cycles.
- Watch for signs of heat injury.
- Know individual physical conditions and assign appropriate work.
- Dark urine
- Establish and ensure use of the buddy system.

In addition to protecting ourselves from the sun and heat we also must remember our pets. They have the same needs as we humans do, following these simple guidelines will help to prevent them from becoming a heat casualty.

- Never leave your pet unattended in direct sunlight
- Never leave your pet alone in a unattended vehicle
- Always make sure your pet has plenty of water
- Avoid strenuous exercise with your pet on hot days
- Remember pets can get a sunburn too
- Never allow your pet to drink salty ocean water

REQUIREMENT: 4ID commanders will ensure that summer seasonal training is scheduled IAW ATG and that all personnel are trained on accident prevention measures for summer activities. To be effective the training must include information on the recognition, prevention, and prompt treatment of heat injuries. Commanders will contact the Brigade Surgeons and Battalion Aid Stations for information on heat injury prevention training. Additionally, refresher training will be conducted monthly during the summer season. Commanders must identify all Soldiers with previous heat injuries and place white engineer tape or other marking method on the Soldier's web belt to identify them as such. Leaders will know and closely observe all personnel with previous heat injuries during PT and field exercises. During unit field training, operations and recreational activities, each company size element will monitor and record heat stress measurements as close to the actual training/activity site as possible using the standard WBGT kit NSN: 6665-01-381-3023. TheWBGT readings are only accurate for a one (1) KM circle around the WBGT device. Utilize the heat injury prevention chart (see enclosure 4) as a guide to work/rest cycles and for water intake.

Yard Work Safety

With the summers comes the tedious task of lawn care. Lawn care is too often overlooked as a dangerous task that requires our full attention. Using a lawn mower or a weed eater is part of every Americans summer activities. We rarely give these power tools the respect that they deserve. Spinning blades or plastic can and does cause serious injury. Only experienced/mature personnel should cut grass with power mowers. Ensure that older children who cut grass are knowledgeable and capable before allowing them to operate lawn care equipment. Before mowing or trimming grass, ensure the area is clear of small objects that might be propelled by the power equipment. Mowers and trimmers can propel small objects great distances, so keep people, especially children, and pets out of the area being mowed or trimmed. Always wear hearing/eye protection, shoes, and long pants to prevent injuries while operating power lawn care equipment.

- Know how to operate the equipment
- Dress properly for the job wear close fitting clothes, sturdy shoes, safety glasses, and ear protection
- Clear the cutting area of debris before you begin
- Keep your hands and feet away from moving partsDon't use electric mowers on wet grass
- Mow across a slope, not up or down, so the mower doesn't slide or fall on top of you

- Turn off the engine if you have to check the blade, clean, or adjust the mower
- Never fuel a lawnmower when the engine is hot. Spilled fuel or fumes can result in an explosion
- Never do lawn work when there are kids or pets in the area

The use of chemicals to rid our yards of bugs and weeds produces a nice, lush, green, lawn. It also creates a deadly hazard for our children and pets. Both like to play and roll around in the grass where they can absorb or ingest the chemicals. Follow the manufactures safety recommendations closely and warn your kids of the hazard.

Sports Safety

Sports cause more injuries to individuals than training for combat with basketball leading the list. By following a few simple guidelines you can prevent injuries. Always warm-up and stretch prior to beginning. Remain physically fit; a fit individual is less prone to accidents. Wear appropriate socks, shoes, and kneepads. Only participate in games that are at your skill level. Finally, ensure that the surface is suitable for the activities being conducted

Water Safety

Water activities are a part of most people's summers. Whether just out on a picnic or on the water boating or skiing, water presents a deadly hazard when precautions are not taken. Drownings too often occur when children are left unattended, or are not wearing an appropriate floatation device. The toy blow up ring that is purchased down town is not meant to be a life saving device. Children should always be under the supervision of an adult that can swim, even at areas where there is a lifeguard on duty.

Water activities are also dangerous for adults. Many times individuals mix water and alcohol when conducting these activities. Boating and drinking is illegal and dangerous. Drinking and swimming is not only dangerous but also deadly. Personnel must learn to swim and know their limits. Always use a buddy system and never swim alone. Obey "no diving" and "no swimming" signs, these are here for a reason. Soldiers are prohibited from swimming in areas that do not have a lifeguard. Most of all use common sense, don't mix alcohol with this activity, and watch out for the "Dangerous Too's"

- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity

Other water activities include boating and jet skiing. Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all boating fatalities are caused by drowning, and in nearly all cases personal floatation (PFD's) were NOT used. Boaters must maintain limits: limit the number of personnel in the boat to the recommended weight capacity, limit movement in the boat, and limit boating to safe weather/water conditions. Always wear a

life vest when boating and know the weather conditions for the day. Here are a few other boating safety tips:

- Yield right of way
- Be aware of others
- Take a safe boaters course
- Avoid alcohol
- Maintain a safe speed
- Don't overload
- Don't loan to inexperienced operators
- Wear proper clothing
- Ensure proper maintenance

Severe Weather Safety

Tornado Safety

A "tornado watch" indicates that weather conditions may cause tornadoes to develop in an area. A watch does not mean that a tornado has been sighted. The watch area may cover time periods up to eight hours and people within 200-300 mile area should be prepared for the possibility of a tornado. Residents of the designated area need not seek shelter or disrupt their normal routine during a tornado watch, but they should tune in to radio or TV and be alert for threatening weather conditions.

A "tornado warning" is issued by the local weather bureau when a tornado funnel has actually been sighted or indicated by radar. The warning may cover short periods of time (5 to 30 minutes) and specific small areas (10-200 square miles). The warning will indicate where the tornado was detected and the area through which it is expected to move. A tornado warning means that persons in the expected path of the storm should take shelter immediately.

When a tornado is spotted, the time for life or death decisions is immediate. The "twister" is a violent windstorm characterized by an ominous black, twisting, funnel-shaped cloud. Tornadoes occur in conjunction with thunderstorms. Lightening, heavy rain and or hail frequently accompany or follow tornadoes. Tornadoes form at the base of a cloudbank and spout a dark. Spinning column. If the rain is extremely heavy or if the funnel forms at night, warning signs are reduced to a roaring noise, similar to a train of aircraft.

Tornadoes can strike during any season and in any place (except the polar regions). Most occur during the mid-afternoon and early evenings from April to October. Tornadoes strike viciously with an extreme force, high winds, and very low pressure. They often touch ground for less than 20 minutes; however, they may touch down several times in different areas. Always be prepared for severe weather and the possible devastation. Have a safe and sturdy area chosen. When you are out of the house and there is an active watch, look for other areas to seek shelter. Ensure that you inform your children about the tornado safe areas and practice tornado drills with your family. Don't forget to monitor the radio or TV for weather updates and locations of severe weather.

So you have found out that tornadoes do happen in our area and find yourself in one or near one. What do you do where do you go to seek shelter?

At Home:

Where To Go.

- Seek the lowest level of the building (i.e., basement or storm cellar).
- If a basement is not available, choose an inner hallway or inner room away from the windows.
- Put as many walls between you and the outside as possible.
- Get under something sturdy (i.e., workbench, heavy table or desk).
- Avoid structures with wide, free-span roofs (i.e., auditorium, cafeteria or hanger).
- Evacuate mobile homes.

Equipment.

- Lantern or powerful flashlight, radio, water, food, and blankets.
- Useful tools (i.e., crowbar, pick, shovel, or hammer) in case you need to clean an escape route through debris.
- Do Not Open Windows. Open windows make it easier for high winds to lift off roofs.
- Use your arms to cover your head and neck.

In School:

Drills.

- Establish tornado drills to make students aware of safe areas.
- Teach the protective position: Get down, crouch on elbows and knees, face the inside wall, and place hands over the back of the head.
- Evacuation. Bus drivers need instruction concerning passenger evacuation.

In Stores or Offices:

Where to Go.

- Get inside if the storm catches you between locations. Stay away from windows and doors.
- Seek shelter in interior hallways on the bottom floor. Stay on the side of the building opposite the oncoming tornado.
- Many stores and malls have established safe areas. If none are marked find an interior cement wall.

Outside:

Cars.

- Never try to outrun a tornado in a car.
- Tornadoes can pick up a car and hurl it through the air.
- Get out of the car.

Where To Go.

- Go inside a house or building.
- If none are nearby, lie in a ditch or crouch near a strong building.
- Stay away from open water, farm equipment, motorcycles, golf clubs, and bicycles.
- Keep away from wire fences, clotheslines, metal pipes, and rails.
- Metallic paths can carry lightning to you.
- Procedures.
- Put down golf clubs and remove metal spike golf shoes.
- Remember to cover your head with your hands.

You cannot affect the weather, but preparation can protect you and your family from weather-related disasters. Be aware of other possible dangers:

- Flying objects
- Falling trees
- Broken windows
- Collapsing buildings
- Downed power lines

Fort Hood and most towns have emergency warning systems. These systems include sirens and the TV pre-empt programs. If you hear the sirens then a tornado is approaching your area, take immediate cover. The TV pre-empt system will notify you of approaching weather or severe weather in your immediate area. In either case do not take risks and seek shelter. Tornados are an exciting part of nature and are a common phenomenon for this area. However, we should never be lulled into a false sense of security.

Flash Floods

Flash floods are another hazard that nature places in our paths. However, once again we can be prepared for them and implement controls. Many people underestimate how fast a flash flood can occur. Sometimes a flash flood can happen in areas where it is not even raining. Water can flow into other "dry" areas or back up due to blocked or congested drain systems.

Some people believe that the size of a vehicle will protect them in high water. Although some additional protection is gained by the weight the risk is not worth it.

FACTS:

- Water weighs 62.4 pounds per cubic foot.
- The weight and the speed of the water gives it more momentum.
- For each foot of water that rises, it pushes a car with 500 pounds of force.
- A car weighs 1,500 pounds less for each foot the water rises.
- Water only two foot deep will carry a car away.
- Only six inches of water can carry a person away.

Many drivers have a false sense of security due to the type of vehicle or its operational features. They fail to realize many other unseen dangers. Water may short out electrical engine components, renders brake systems useless, or swamp the vehicle sweeping it away. Additionally there could be unseen hazards under the water such as washed out roads or bridges, open manholes, or energized electrical wires. What if you made a bad decision and find yourself in a vehicle that is in the water. First, free yourself from the seatbelts then exit through the windows. It is recommended that you do not open the doors as this can cause the vehicle to roll over or sink faster.

Always know the weather conditions for the areas that you are traveling and remember that yesterday's rainstorm may still be having flooding effects today. Even a thin sheet of water on a road way can create dangerous conditions. Water mixed with roadway dirt and oil creates slick surfaces. Roadway markings become hard to see and wet brakes increase stopping distances. Hydroplaning can also occur; this is where the tread of the tire starts to ride on the top of the water and losses traction. Many variables can lead to hydroplaning such as poor tire tread and speed. The key to preventing it is to slow down. Stay alert of the weather conditions, the conditions or the roadways, and don't take risks.

Risk Management

Continuous Risk Management implementation is another tool that when used properly is very effective. If an individual can recognize a hazard and mitigate that hazard they will be better prepared to face that hazard. Using the 5-step Risk Management Process for all operations or during daily life will assist in your success. All people use risk management whether they think so or not.

E**xample:** We stop at four-way intersections because we know that if we do not we could get hit. We have just identified a hazard - being hit. Now we have to assess the hazard - I could be hurt if hit. The next step is to identify a control measure - I should stop and look both ways. The final steps are to supervise and evaluate the control measure - did stopping effectively prevent the hazard; Yes. Risk management does not need to be a difficult thing and is truly second nature to being human.

REQUIREMENT: As a part of the Brigade Safety Day activities, units and organizations will conduct initial and refresher risk management training IAW ATG. Risk management safety training materials for this initial and refresher training are available through the Division Safety Office and Brigade Safety Offices. Additionally, the risk management process will be performed for all missions and activities. This process will be conducted IAW Division Safety Policy using the 4ID (M) risk management worksheet.

Substance Abuse

Substance abuse whether it is alcohol, prescription drugs or illegal drugs is not only dangerous but also deadly. Substance abuse is an easy trap to fall into and not always an easy one to get out of. Some people abuse in an effort to escape from troubles and others abuse to celebrate. No matter the reason individuals must be aware that abuse is just that, and if not stopped the ramifications could be costly. The loss of income, family, friends, and the shame if not treated is just not worth it. If you know of someone or you yourself need assistance talk with the Chaplin or seek medical care. Both agencies are there to help.